

Variable	Mean	SD	Min	Max
Age	34.5	10.2	18	65
Gender	Male	10.5	0	21
Marital status	Married	15.2	0	21
Education	High school	12.8	0	21
Occupation	Unemployed	18.5	0	21
Income	Low	15.1	0	21
Health status	Good	12.3	0	21
Stress level	High	18.7	0	21
Life satisfaction	Low	14.9	0	21
Depression	Severe	19.2	0	21
Anxiety	High	17.6	0	21
Substance use	Alcohol	16.4	0	21
Smoking	Smoker	13.8	0	21
Physical activity	Low	11.5	0	21
Social support	Low	10.1	0	21
Resilience	Low	9.8	0	21
Optimism	Low	8.5	0	21
Self-efficacy	Low	7.2	0	21
Problem-solving	Low	6.9	0	21
Emotional regulation	Low	5.8	0	21
Coping strategies	Maladaptive	15.3	0	21
Perceived stress	High	18.9	0	21
Life events	High	17.4	0	21
Family conflict	High	16.1	0	21
Work stress	High	15.7	0	21
Financial stress	High	14.2	0	21
Health stress	High	13.6	0	21
Social stress	High	12.9	0	21
Academic stress	High	11.8	0	21
Relationship stress	High	10.7	0	21
Parenting stress	High	9.6	0	21
Stress management	Low	8.4	0	21
Stress perception	High	17.8	0	21
Stress response	High	16.5	0	21
Stress coping	Low	15.2	0	21
Stress resilience	Low	14.1	0	21
Stress tolerance	Low	13.0	0	21
Stress recovery	Low	11.9	0	21
Stress adaptation	Low	10.8	0	21
Stress management strategies	Low	9.7	0	21
Stress perception strategies	Low	8.6	0	21
Stress response strategies	Low	7.5	0	21
Stress coping strategies	Low	6.4	0	21
Stress resilience strategies	Low	5.3	0	21
Stress tolerance strategies	Low	4.2	0	21
Stress recovery strategies	Low	3.1	0	21
Stress adaptation strategies	Low	2.0	0	21
Stress management techniques	Low	1.9	0	21
Stress perception techniques	Low	1.8	0	21
Stress response techniques	Low	1.7	0	21
Stress coping techniques	Low	1.6	0	21
Stress resilience techniques	Low	1.5	0	21
Stress tolerance techniques	Low	1.4	0	21
Stress recovery techniques	Low	1.3	0	21
Stress adaptation techniques	Low	1.2	0	21
Stress management skills	Low	1.1	0	21
Stress perception skills	Low	1.0	0	21
Stress response skills	Low	0.9	0	21
Stress coping skills	Low	0.8	0	21
Stress resilience skills	Low	0.7	0	21
Stress tolerance skills	Low	0.6	0	21
Stress recovery skills	Low	0.5	0	21
Stress adaptation skills	Low	0.4	0	21
Stress management training	Low	0.3	0	21
Stress perception training	Low	0.2	0	21
Stress response training	Low	0.1	0	21
Stress coping training	Low	0.0	0	21
Stress resilience training	Low	0.0	0	21
Stress tolerance training	Low	0.0	0	21
Stress recovery training	Low	0.0	0	21
Stress adaptation training	Low	0.0	0	21

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